

JULY 2018

TRANSITIONS TIMES

TRANSITIONS HEALTH CARE LLC, 8850 BARNES LAKE ROAD, NORTH HUNTINGDON, PA 15642 (724)-864-7190



Celebrating July

Parks and Recreation Month

Women's Motorcycle Month

Ice Cream Month

Canada Day
July 1

Independence Day (U.S.)
July 4

Strawberry Sundae Day
July 7

2nd Annual Family Picnic
July 18

Tell an Old Joke Day
July 24

**International Day
of Friendship**
July 30



Our dog show, held June 13th, was a great success! We had 11 dogs of all breeds and sizes. Thank you to all who brought their furry friends! A special thanks to our panel of judges who had the hard job! We can't wait to do it again!



BIG BUCKS BINGO!

Big Bucks Bingo is held quarterly. If you missed it in June, we will do it again in September. Don't miss the fun!

Are You a Believer?



July 2 is World UFO Day. Whether you celebrate by watching reruns of *Star Trek* or hosting a sky-watching party in hopes of identifying an unidentified flying object, be sure to keep an open mind when considering that humans might not be alone in the universe.

There have been many recorded observations of strange flying objects throughout history, but it wasn't until 1947 that a UFO sighting captured the public imagination. Businessman Kenneth Arnold was flying a small plane near Mount Rainier in Washington when he spied nine objects flying together. He described them as looking "flat like a pie pan" and "saucer like." From his experience, the term *flying saucer* was born.

Did Arnold actually see an alien spaceship? The United States Air Force determined that Arnold saw a mirage. Yet in mid-1947, UFOs again captured the public's attention when a mysterious craft crash-landed at a ranch near Roswell, New Mexico. Representatives from the Roswell Army Air Field reported that the object was a high-altitude weather balloon, but the government has been accused of covering up an alien encounter ever since.

Is it just coincidence that the U.S. government began Project Sign in 1948? This project, conducted by the Air Force, was an investigation into UFO encounters in order to determine their veracity and whether or not any UFO was a threat to national security. The program lasted for 20 years and concluded that an alien UFO had never been observed. It seems that the public had to wait until 2017 before a Navy pilot, Retired Commander David Fravor, came forward with his firsthand account of what he believes was an alien UFO. Fravor was on a routine training mission off the coast of California in November of 2004 when a 40-foot-long wingless object, like a giant Tic Tac, sped past him. When asked to recall his experience, Fravor said, "I think it was not from this world."

Give a Little, Get a Lot

Most people live with a certain amount of clutter in their lives. July 15, Give Something Away Day, is the perfect opportunity to repurpose some of your clutter by giving it away to those in need. Philosophers and holy people have long contended that giving is beneficial not just to the receiver of gifts but also to the giver. Scientists now have proof. Scans of the brain show that acting charitably toward others stimulates our brain's reward system. This shows that humans are biologically hard-wired to give to others rather than to act selfishly, perhaps due to our highly social natures. After all, our large society requires cooperation and mutual aid. Better yet, other studies show that when helping others, the helpers heal both emotionally and physically. Somehow, giving not only makes us feel good but actually makes our lives healthier. St. Francis of Assisi was right when he said, "For it is in giving that we receive."

Fried, but Not French



July 13 is French Fries Day, but are these delicious fried potatoes actually French? Potatoes did not originate in Europe, but in South America. Spanish explorers brought them back to Europe, where they became beloved for their versatility, especially in France. Fried potatoes became a common street food in Paris—sold not as long fries but in chunks. It is said that Thomas Jefferson grew so fond of the food while acting as ambassador to France that he introduced fries to America via his kitchen in Monticello. It is in Belgium, however, that the history of *frites* began a century before France's fried potatoes. Frites (pronounced *FREETTS*) are so dear a food to Belgium that in 2014 the country petitioned UNESCO to make the frite the official symbol of its cultural heritage. So when did Belgian frites become French fries? The story goes that American soldiers marching through French-speaking Belgium during World War I discovered the fried potatoes. In the Americans' confusion, they dubbed the newfound food *French fries*.

RECIPE OF THE MONTH

Strawberries-and-Cream Squares

A diabetic-friendly recipe

Ingredients:

- 1 (15-ounce) box sugar-free yellow cake mix
- 1/3 cup oil
- 4 large eggs, divided
- 2 (8-ounce) packages low-fat cream cheese, room temperature
- 1/4 cup granulated Splenda
- 3/4 cup sugar-free strawberry jam, divided
- 2 (8-ounce) packages sugar-free whipped topping, thawed
- 4 drops red food coloring
- 18 fresh strawberries

Directions

1. Preheat oven to 350°F.
2. Combine cake mix, oil, and 2 eggs in a large bowl. Press dough evenly into the bottom of a 9 X 13-inch baking pan.
3. Combine cream cheese, Splenda, and 1/2 cup strawberry jam in a medium bowl with a hand mixer until smooth. Beat in remaining eggs until well combined.
4. Pour mixture over the prepared crust.
5. Bake 30–35 minutes. Allow to cool 1 hour.
6. Combine whipped topping, food coloring, and 1/4 cup strawberry jam in a medium bowl. Spread mixture evenly over the baked and cool cream cheese layer.
7. Cover and chill until firm. Garnish with fresh strawberries.

Makes about 18–20 servings



JULY OUTINGS AND SPECIAL EVENTS

- July 4...State Plate Game & Patriotic Cocktails
- July 5...Card Tricks by Jim Carroll
- July 6...Westmoreland arts & Heritage Festival at Twin Lakes
- July 12...Christian Mothers Present "Women Of The Bible"
- July 13...Lunch at Bob Evans
- July 18...2nd Annual Family Picnic
- July 19...Ice Cream Social with Caring Hospice
- July 23...Donut Social with Heartland Hospice
- July 25...Resident Council Meeting
- July 25...Country Line Dancers
- July 26...Country Van Ride and Meadows Ice Cream
- July 27...Big Money Auction with Vitas Hospice
- July 30...Funny Money Auction
- July 31...Resident Birthday Party With Entertainment by Gashouse Annie



To Kiss or Not to Kiss?

Is there any act more romantic than a kiss? World Kiss Day may fall on July 6, but not everyone around the world believes that a kiss is an expression of love or friendship. Americans reserve kisses for special loved ones, but in Europe it is common for friends to greet each other with kisses on the cheek. Researchers have also found kissing to be common in both the Middle East and Asia. However, in Central America, kissing has no place in romance. Similarly, kissing is not common in sub-Saharan Africa, and in some parts of Brazil kissing is considered just plain gross. It seems that kissing is not a universally accepted human practice, so

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CONGRATULATIONS!
Transitions Resident Council
Recognizes
Angie Clark, CNA
As an outstanding employee for
July 2018

Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Asst. Director of Nursing
Rachel McGrew, Admissions Director
Sandy Bertani, Business Office Mgr.
Rob Kalas, Social Service Director
Marsha Kirker-Bozich, Life Enrichment
Director
Jackie Austin, Dietary Manager
Mark Wargo, Maintenance Director
Kim Bartos, Environmental Services

July Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

HAPPY BIRTHDAY TO:

Betty G. July 1
Louise W. July 7
Gerald M. July 14
Alice H. July 16
Richard K. July 16
Marcy S. July 24
Dorothy L. July 25
Dolores T. July 28

The World in Watercolor



July is World Watercolor Month in appreciation of this wonderful art form. In watercolor painting, colored pigments are suspended in water. Watercolor painting may be the first type of painting ever done by humans on cave walls. Watercolor was also used in East Asia, the Middle East, ancient Egypt, Italy, and Ethiopia. Watercolor techniques were initially used for mere sketches or copies. Oil was considered a superior medium. However, as the technique was perfected by masters of the Renaissance and beyond, watercolor became a renowned and complicated medium. While it appears to be an easy method of painting, it takes years to become accomplished. Luckily, the low cost of watercolors allows most anyone the chance to paint with this enduring art form.